

Climate Emotions: Facing the Storm Together

From Biodiversity for a Livable Climate, with Abby Abrahamson, Adam Sacks, Yvonne Cuaresma, and Lise Van Susteren

Resources

The [Climate Journal Project prompt](#) that Yvonne shared to start our session:

“How has your relationship with mindfulness and/or sustainability developed since childhood?”

What can you do to impart your lessons and climate morals to others?”

Bio4Climate’s [Life Saves the Planet](#) lecture series with GBH Forum Network features some wonderful speakers sharing their experiences on nature’s solutions, climate activism, and research.

For some of the science supporting eco-restoration, biodiversity regeneration and nature's solutions, the Bio4Climate [Compendium](#) provides readable summaries of articles across the scientific literature, including important items you might not readily find elsewhere.

Check out Lise van Susteren's recent book, [Emotional Inflammation](#) to reclaim your equilibrium during anxious times.

Visit Yvonne Cuaresma's healing [Climate Journal Project](#), and apply these discount codes to any purchase:

Physical Journals @ 10% off : CJPYVONNE

Digital Journals @ 40% off: CJPYVONNEDIGITAL

Some books that were mentioned in breakout rooms and the main session included *Nature’s Best Hope* by Douglas Tallamy, *The Power of Now* by Eckhart Tolle, and *Emergent Strategy* by adrienne maree brown.

People also shared some beautiful quotations:

“There are no unsacred places; there are only sacred places and desecrated places.” - Wendell Barry

What is Success? By Ralph Waldo Emerson

To laugh often and much;

To win the respect of intelligent people
and the affection of children;
To earn the appreciation of honest critics
and endure the betrayal of false friends;
To appreciate beauty;
To find the best in others;
To leave the world a bit better, whether by
a healthy child, a garden patch
or a redeemed social condition;
To know even one life has breathed
easier because you have lived;
This is to have succeeded.

Chat

19:06:51 From Susan Wexler to Everyone:

I have always found solace in the outdoors and to imagine nature being damaged and ruined is painful

19:09:20 From Yvonne - Climate Journal Project to Everyone:

@susan - I am with you

19:22:33 From John Minkle to Everyone:

<https://www.thewildpod.org/> - THE WILD with Chris Morgan, the podcast Abby mentioned

19:26:22 From nyanna tobin to Everyone:

Thank You for this important program

19:39:41 From Sharon to Everyone:

Wow Adam. Wish you could have made those remarks at the UN Climate Summit! Your words were eloquent, profound, and spot on. Thank you!

20:35:29 From Deane Coady to Everyone:

Thank you everyone; I feel better right now!

20:35:33 From Yvonne - Climate Journal Project to Everyone:

Would love to continue to connect with everyone --
www.theclimatejournalproject.com (Yvonne@theclimatejournalproject.com)

20:37:27 From Jill Aquino: she/her to Everyone:

Thank you all so much for tonight!

20:37:59 From Bronwen to Everyone:

Thank you to all for your devotion to our Earth!

20:38:14 From Catherine LeBlanc(she/her) to Everyone:
Thank you so much for being brave enough to do this program.

20:38:30 From Catherine Stratton Treadway to Everyone:
Thank you all!

20:39:08 From Yvonne - Climate Journal Project to Everyone:
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